

## UC CalFresh Weekly Update May 22, 2017

### Contents

#### Upcoming Events & Deadlines

- \* 5/29/17 Memorial Day Holiday
- \* 5/30/17-6/2/2017 9th Biennial Childhood Obesity Conference
- \* 6/9/17 FFY 2018 Site Lists Due via CDSS SNAP-Ed SharePoint Site
- \* 6/20/17 UC CalFresh Town Hall Webinar
- \* FFY 2018 Site List and Site Clean Up Process Instructions

#### UC CalFresh Success Stories

- \* Plan, Shop, Save and Cook Participant, San Mateo County
- \* Plan, Shop, Save and Cook Participant, Yolo County

#### UC CalFresh & UC ANR Employment Opportunities

- \* Area Cooperative Extension (CE) Advisor—4-H Youth Development Advisor, UCCE San Luis Obispo & Santa Barbara Counties
- \* Area Cooperative Extension (CE) Advisor—4-H Youth Development Advisor, UCCE Orange County

#### Welcome New UC CalFresh Staff!

- \* Andriana Lewis, Community Education Specialist 2, UCCE Central Sierra Cluster
- \* Yudilia Tomsen, Nutrition Education Assistant 1, UCCE San Luis Obispo & Santa Barbara Counties

#### UC CalFresh, UC ANR and UC Davis in the News!

- \* UC Davis Joins National Effort to Improve Health on College Campuses

#### UC CalFresh in Action!

- \* Comprehensive Programming Shows Positive Impacts on Overall Health
- \* UC Delivers
- \* Nutrition and Food Questions Web Page

#### Smarter Lunchrooms Movement of California

- \* The Smarter Lunchrooms Movement of California *Monthly Nudge*
- \* Tell Us Your Thoughts About Healthy Schools!
- \* Smarter Lunchrooms Movement Principles & Practices Workshops

#### Articles & Research

- \* The Summer Meal Programs Get Ready for Another Year of Feeding Kids in the Summer; Helpful Site Finder Tool to Launch May 12

#### Education & Resources

- \* Training Opportunities for SNAP-Ed Local Implementing Agencies
- \* Infographic: Choices Today for a Healthier Tomorrow
- \* NEOPB's New Landing Page
- \* Registration is Open: 2017 Youth Engagement In-Person Workshops
- \* Save the Date! Early Childhood and Education, No Cost Physical Activity Training in San Diego, CA
- \* Funding Opportunity: Playbook Plays with Funds for Fuel Up to Play 60
- \* Webinar: Involving Families in School Physical Activity (PA) Opportunities

### Upcoming Events & Deadlines

MAY 2017

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

#### 5/29/17 Memorial Day Holiday

#### 5/30/17-6/2/2017 9th Biennial Childhood Obesity Conference, San Diego, CA

The 9th Biennial Childhood Obesity Conference is right around the corner! For additional information, please [click here](#) to visit the conference website.

#### 6/9/17 FFY 2018 Site Lists Due via CDSS SNAP-Ed SharePoint Site

There are new updates with the FFY 2018 Site Lists and Site Clean Up timeline. \*\*The due date for the LIAs to complete the FFY 2018 Site Lists for SIA review has been moved from May 1 to **June 9**.\*\* Please contact [Jennifer Quigley \(jaquigley@ucdavis.edu\)](mailto:jaquigley@ucdavis.edu) if you have any questions.

#### 6/20/17 UC CalFresh Town Hall Webinar, 12:30-2:00pm

Please save the date for the June UC CalFresh Town Hall Webinar. Additional details regarding the Town Hall Webinar will be forthcoming. Please visit the [UC CalFresh Town Hall webpage](#) for additional information regarding future Town Hall webinars.

#### FFY 2018 Site List and Site Clean Up Process Instructions

CDSS has been working with their technical services team in order to create your FFY 2018 Site Lists. Please keep in mind the FFY 2018 Site Lists will be an exact copy of the FFY 2017 Site Lists with all your sites listed and renamed to your "SL\_Your County\_2018" as of March 29, 2017. Therefore, if any site changes were made on your FFY 2017 Site Lists after March 29, please ensure this is reflected in your FFY 2018 Site Lists. Effective April 10, 2017, LIAs can begin working on their FFY 2018 Site Lists available on [CDSS' SharePoint site](#). Please follow the "[SIA and LIA Instructions for the FFY 2018 Site Lists and Site Clean Up Process](#)" found on CDSS' SharePoint site under [Resources—CA SNAP-Ed Resources](#). Please contact [Jennifer Quigley \(jaquigley@ucdavis.edu\)](mailto:jaquigley@ucdavis.edu) if you have any questions.

## UC CalFresh Success Stories

Success stories from your FFY 2017 UC CalFresh participants can be shared through the online data entry portal: <http://ucanr.edu/survey/survey.cfm?surveynumber=18908>.

“We have been making healthier choices and we have a better understanding of how to read food labels. Thank you!”

—Plan, Shop, Save and Cook Participant,  
San Mateo County

“I learn[ed] how to choose healthy food when I shop to change what I eat.”

—Plan, Shop, Save and Cook Participant,  
Yolo County

## UC CalFresh & UC ANR Employment Opportunities

### Area Cooperative Extension (CE) Advisor—4-H Youth Development Advisor, UCCE San Luis Obispo & Santa Barbara Counties

UC ANR is seeking an Area Cooperative Extension (CE) Advisor for 4-H Youth Development that will address statewide goals to develop research-based youth development programming to increase youths' leadership and college/career readiness with an emphasis on expanding programming to underserved audiences in **San Luis Obispo and Santa Barbara Counties**. This position's single page announcement can be downloaded from the [UC ANR Employment Opportunities](#) website [here](#). The Application Submission date is **June 23, 2017**. For more information and to apply go to: [http://ucanr.edu/Jobs/Jobs\\_990/?jobnum=1193](http://ucanr.edu/Jobs/Jobs_990/?jobnum=1193).

### Area Cooperative Extension (CE) Advisor—4-H Youth Development Advisor, UCCE Orange County

UC ANR is seeking an Area Cooperative Extension (CE) 4-H Youth Development Advisor to conduct an extension, education and applied research program to assess, develop, implement, evaluate, strengthen and expand local UC 4-H Youth Development (4-H YD) programming and better serve under-represented populations in **Orange County**. This position's single page announcement can be downloaded from the UC ANR Employment Opportunities website [here](#). The Application Submission date is **July 17, 2017**. For more information and to apply go to: [http://ucanr.edu/Jobs/Jobs\\_990/?jobnum=1194](http://ucanr.edu/Jobs/Jobs_990/?jobnum=1194).

## Welcome New UC CalFresh Staff!

This feature is to introduce and welcome new staff to UC CalFresh. If you have new staff, please send a brief introduction and photo to Lindsay Hamasaki at [lmhamasaki@ucdavis.edu](mailto:lmhamasaki@ucdavis.edu).

### Andriana Lewis, Community Education Specialist 2, UCCE Central Sierra Cluster

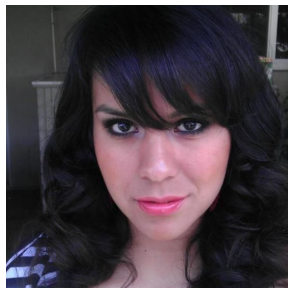
Andriana Lewis is a recent graduate from California State University in Sacramento. The summer after Andriana graduated from high school, she worked in a summer camp kitchen preparing meals for the campers. It was during this time that Andriana realized she enjoyed working with food. Nutrition fascinated and challenged her. Unfortunately there were no nutrition degrees that were offered at the universities in her area. In June of 2013 Andriana and Joshua were married and they moved to California. At this point, Andriana wanted to finish her education, and she saw that Sac State offered a B.S. in Nutrition and Food. With her husband's support and encouragement, Andriana began the arduous journey of finishing her education. A year after her first semester at Sac State, Andriana applied to be a Peer Health Educator for the Sac State Wellness Center. It was in this internship that Andriana found out just how much she loved community nutrition. In her last semester at Sac State, Andriana took a Community Nutrition course which offered internship experience. After looking over the many nutrition internship locations, Andriana was drawn to the UC Cooperative Extension in San Joaquin County. From then on, Andriana knew the UC Cooperative Extension was where she wanted to work, and as luck would have it, a position opened up shortly after graduation. Andriana is now working in Amador County as the new UC Cooperative Extension CalFresh Nutrition Educator and loving every minute of her work. Andriana can be reached at: [ajlewis@ucanr.edu](mailto:ajlewis@ucanr.edu).



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## Welcome New UC CalFresh Staff! *(continued)*

### Yudilia Tomsen, Nutrition Education Assistant 1, UCCE San Luis Obispo & Santa Barbara Counties



The UC CalFresh Nutrition Education team in San Luis Obispo and Santa Barbara counties is excited to welcome Yudilia Tomsen to their team. Yudilia is a Nutrition Education Assistant 1 who works alongside the Community Education Specialists to assist youth and families in making healthier nutrition decisions for themselves. Yudilia believes that if everyone is constantly aware of the nutritional choices that they make, we as a country will be healthier and ultimately happier. Yudilia comes to the program with previous experience working with individuals with severe disabilities, and also assisting families sign up for CalFresh benefits through the local food bank. She brings on board empathy, understanding, and patience. Yudilia is an active member of the Latino Outreach Council as well as the Adult Services Policy Council in San Luis Obispo. When you don't find her running around assisting all of our educators, you can find her paddle boarding and refurbishing furniture. Yudilia can be contacted at: [ytomsen@ucdavis.edu](mailto:ytomsen@ucdavis.edu).

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## UC CalFresh, UC ANR and UC Davis in the News!

### UC Davis Joins National Effort to Improve Health on College Campuses

To help Aggies be healthier now and in the future, the University of California, Davis, has joined the [Partnership for a Healthier America](#). Over the course of a three-year agreement, UC Davis is pledging to meet 23 criteria to help students, faculty and staff make better food choices and be more physically active. “UC Davis is committed to helping our students make wise decisions and develop healthy habits for a lifetime,” said Shantille Connolly, wellness health educator at UC Davis. “The partnership will help us advance this work.” The nonprofit partnership, established in 2010 to fight childhood obesity, introduced UC Davis and other new members of its [Healthier Campus Initiative](#) during an annual summit in Washington, D.C. on May 12. Other new members from California are California State University, Fresno, and Mount Saint Mary's University in Los Angeles. UCLA is already a member. UC Davis—already recognized as the world's most sustainable university and a leader in bicycling culture—currently meets 17 of the 23 criteria. Among new activities, the campus will:

- \* Implement a comprehensive wellness program, including activities with provisions for individuals with disabilities;
- \* Create a 2.4-mile Active Aggies Loop walking and running path through parts of the UC Davis Arboretum and other areas with route and distance markers;
- \* Ensure the percentage of healthier beverage purchases—including water, juice, and low- or non-fat milk—accounts for 60 percent or more of the total value of beverage purchases;
- \* Offer, at each regular mealtime in dining venues, one “wellness” meal that meets the initiative's highest standards for health and nutrition;
- \* Offer at least five types of fruits, five types of vegetables, and two 100 percent whole-grain products at three main meal times in the dining commons and the Coffee House; and
- \* Offer, and identify with a single icon, healthier food and beverage options in dining commons, retail stores and vending machines.

At UC Davis, the [health education and promotion](#) department of [Student Health and Counseling Services](#) is overseeing the initiative. The campus will receive technical support and guidance from the partnership, which brings together public, private and nonprofit leaders to broker commitments and develop strategies to end childhood obesity. [Read full article.](#)

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## UC CalFresh in Action!

### Comprehensive Programming Shows Positive Impacts on Overall School Health

There is a paucity of adequate databases available to evaluate the impact, effectiveness, or efficiency of school health programs. While many schools are employing measures to contribute to a healthier school environment, these measures often go unrecognized due to the scarcity of comprehensive and periodic evaluation tools available to assess their impact.

The Center for Nutrition in Schools at UC Davis, in collaboration with UC CalFresh Nutrition Education program, developed the “School Health Check” or “SHC<sup>2</sup>” questionnaire for Shaping Healthy Choices Program (SHCP), which is a comprehensive nutrition education program that provides a framework for the following components; Nutrition Education and Promotion, Family and Community Partnerships, Foods Available on Campus and School Wellness and Regional Agriculture. The SHC<sup>2</sup> is a tool that can be used to score a school’s environment based on the SHCP’s components and other health and wellness activities. A score of 82 or higher on the SHC<sup>2</sup> indicates that the school is meeting or exceeding minimum standards in most areas. The data can be used to evaluate the effectiveness of a health program intervention, identify school site strengths, areas in need of improvement, measure wellness policy implementation, and bring up valuable topics for community engagement through discussion and goal setting.

*“Since the SHCP launched at Barry Elementary School, our students have become much more aware of healthy food options. The program has introduced new and healthy food options to students and the delicious food tastings allow students to experience new foods firsthand. The foods sampled are often from our local area, which educates students even further—just how rich in agriculture our area is. The nutrition and physical activity education that is taught with the program can be taken home and utilized as well. The SHCP has incorporated parent involvement, helped revamp our school garden, and allowed students’ the opportunity to plant, grow, and harvest their own vegetables. I highly recommend this program to all schools. The staff, students and teachers love it when UC CalFresh educators visit Barry Elementary School!”*

— Ms. Donovan, Barry School Elementary, School Counselor

### The School Health Check was used to measure significant improvements in overall school health

A recent School Health Check (SHC<sup>2</sup>) Progress Report for Barry School in Yuba City, CA demonstrated improvements in all components of the SHCP. The SHC<sup>2</sup> questionnaire was administered at two separate points, time point 1 (beginning of the 2015-16 academic year), and time point 2 (beginning of the 2016-17 academic year). A significant improvement was observed in the total score for the SHC<sup>2</sup> at Barry School from time point 1 (34 points) to time point 2 (71 points). Some of the greatest areas of improvements identified through the SHC<sup>2</sup> Progress Report were increases in nutrition education opportunities in the classrooms; the school partnering with local organizations for health and nutrition causes; and the school providing students and families with information about health, nutrition, and physical activity related services available in the local community. [Read full UC Delivers article.](#)

### UC Delivers

This is a friendly reminder that counties should contact [Andra Nicoli \(amnicoli@ucdavis.edu\)](mailto:amnicoli@ucdavis.edu) at the State Office if you are interested in developing a UC Delivers or have recently submitted a UC Delivers without State Office involvement. For those developing a UC Delivers, Andra can assist you in writing/editing/submitting a UC Delivers story. The State Office is also interested in keeping track of UC Delivers stories that are being submitted directly from counties. For those not requiring writing/editing services from the State Office, please share a copy of your submissions with Andra. In this way, we can track the type of stories UC CalFresh is submitting and advocate for your story!

### Nutrition and Food Questions Web Page

Do your participants ask questions about nutrition or needs that you find difficult to respond to? Check the [Nutrition and Food Questions](#) web page for a response. If your question is not answered there you can submit a new question. You can find the link on the UC CalFresh website under [Resources > Resources for Educators](#). Please contact [Lyn Brock \(rlbrock@ucanr.edu\)](mailto:rlbrock@ucanr.edu) if you have any questions.

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## The Smarter Lunchrooms Movement of California

The UC CalFresh State Office would like to see how the Smarter Lunchroom Movement of California has been implemented in your county! Please share your success stories and photos with MaryAnn Mills via e-mail: [mamills@ucdavis.edu](mailto:mamills@ucdavis.edu).



### The Smarter Lunchrooms Movement of California *Monthly Nudge*

The Smarter Lunchrooms Movement of California *Monthly Nudge* is a monthly newsletter which provides updates on how the Smarter Lunchrooms Movement is moving throughout California and is brought to you by the SLM of CA Collaborative. The newsletter provides updates, upcoming trainings and events, and more! If you are interested in signing up to receive the *Monthly Nudge*, please [click here!](#)

### Tell Us Your Thoughts About Healthy Schools!

Action for Healthy Kids is conducting a national survey with our school partners to gain a deeper understanding of schools' motivations and needs to promote healthy school environments and healthy lifestyles for their students. Please encourage the schools you are working with to complete this survey with input from others at their school (if applicable) who are working on promoting school health and healthy lifestyles for students. The survey will take approximately 10-15 minutes. [Please complete the survey by May 26, 2017.](#)

### Smarter Lunchrooms Movement Principles & Practices Workshops, June 27, 2017, Sacramento, CA

*This workshop is brought to you by the SLM of CA Collaborative.*

**Smarter Lunchrooms Movement Principles and Practices Workshop** provides a solid foundation in the Smarter Lunchrooms Movement (SLM) principles and practices. In this half-day workshop, you will briefly review the theory behind the SLM, and familiarize yourself with a four-step process to implement SLM. You will also practice identifying and diagnosing school lunchroom challenges, and participate in an interactive session on how to engage internal and external stakeholders.

**Prerequisite:** Before attending the training, you must complete the webinar based course on the following Web site at: <https://ucdavis.box.com/v/SLM-Pre-Training>. This will greatly enhance your understanding of the Smarter Lunchrooms Movement and help you get the most out of the in-person training. For more information about SLM, please visit the SLM Web Page at <https://www.smarterlunchrooms.org/>.

**Location, Date and Time:** Sierra Health Foundation, 1321 Garden Highway, Sacramento, California 95833, Tuesday, June 27, 2017, 8:45 a.m.—12:00p.m.

### Registration Information:

Access the California Department of Education CNIPS Training Registration Web page at [https://www.cnips.ca.gov/ccgCnpTraining/training/trainingRegistration\\_2.aspx](https://www.cnips.ca.gov/ccgCnpTraining/training/trainingRegistration_2.aspx) to connect to CNIPS and begin the online registration process.

#### Registration steps:

1. Access the CDE CNIPS Web page at [https://www.cnips.ca.gov/ccgCnpTraining/training/trainingRegistration\\_2.aspx](https://www.cnips.ca.gov/ccgCnpTraining/training/trainingRegistration_2.aspx) to begin the online registration process.
2. Enter your agency or organization name in the text box where indicated. If you do not work for an agency or organization, enter your last name in the text box. Select **View Available Training**.
3. Register following the system prompts below:
  - a. Program Screen—select **All or School Nutrition Program**
  - b. Training Screen—select **Smarter Lunchrooms Movements Principles and Practices Workshop (C0021)**
  - c. Location Screen—select location (**T0832**)
4. After completing the Attendee Information and selecting the **continue** button, a confirmation e-mail will be sent to the e-mail address provided upon completion of the registration process.

Please review the attached flyer for additional information. If you have any questions, please contact **MaryAnn Mills** at [mamills@ucdavis.edu](mailto:mamills@ucdavis.edu).

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## Articles & Research

### The Summer Meal Programs Get Ready for Another Year of Feeding Kids in the Summer; Helpful Site Finder Tool to Launch May 12

Reducing the summer nutrition gap has been an ongoing priority of the [U.S. Department of Agriculture's Food and Nutrition Service \(FNS\)](#), as part of the agency's greater mission of ending both hunger and obesity among Americans. FNS is now ready to receive and begin processing the [summer meals](#) site locations from all states and territories. Starting May 12, parents, caregivers, teachers and kids can visit the updated Summer Meals [Site Finder](#), with planned weekly updates as sites are provided by states and territories through the first week of September 2017.

In its 42nd year, the Summer Meal Programs—made up of the [Summer Food Service Program](#) and the *Seamless Summer Option* for the *National School Lunch Program* (NSLP)—provide disadvantaged kids 18 and under with healthy meals at no cost. These meals come at a critical time of the year when children who normally participate in the National School Lunch and School Breakfast Programs no longer have access to these healthy meals, as schools are not in session.

About 22.1 million children and teens receive free and reduced-price meals through the NSLP. But only about 1 in 6 of those (approximately 3.8 million) participate in the Summer Meal Programs—hence the summer nutrition gap.

The Summer Meals Site Finder connects families to healthy meals during the summer months with the push of a button. Because the last day of school—and the beginning of summer meals season—varies in school districts around the country, the site finder tool will be updated regularly with the latest information on summer meal sites that are up and running. Once a site opens, information on its location and hours of operation will be available online, making it easily accessible on both desktop computers and mobile devices. In addition to the online site finder, the National Hunger Hotline (1-866-348-6479) will provide this same information by phone. For additional information on the Summer Food Service Program, please visit: <https://www.fns.usda.gov/sfsp/summer-food-service-program>. Please also refer to the attached flyers (in English and Spanish) from the [California Department of Education](#). [Read full blog article.](#)

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## Education & Resources

### Training Opportunities for SNAP-Ed Local Implementing Agencies

On behalf of the California Department of Social Services, the California Department of Public Health Nutrition Education and Obesity Prevention Branch, UC CalFresh, California Department of Aging, and Catholic Charities of California, we are pleased to announce upcoming SNAP-Ed trainings available to appropriate staff from SNAP-Ed state and local implementing agencies in California. The [FFY2017 California SNAP-Ed Training Schedule](#) is now available on the [Training and Events Calendar webpage](#).

- \* Youth Engagement– Supporting Student Nutrition Action Committees in Creating Healthy Changes in the Lunchroom (In-Person, Riverside)
- \* Youth Engagement– Supporting Youth Leadership in Peer to Peer Education (In-Person, Fresno)
- \* Youth Engagement– Introduction to Youth-Led Participatory Action Research (YPAR) (In-Person, Sacramento)
- \* Youth Engagement– Supporting Youth Use of Data and Mapping for Community Change (In-Person, various locations)

These trainings are also posted on the CA SNAP-Ed Training and Events Calendar, available online at: <https://archive.cdph.ca.gov/PROGRAMS/NEOPB/Pages/SNAP-EdTrainingandEventsCalendar.aspx>.

### Infographic: Choices Today for a Healthier Tomorrow

The National Institute on Aging has developed an infographic, "[Diet and Exercise: Choices Today for a Healthier Tomorrow](#)," that shares tips for lifestyle choices you can make today to have a healthier future as you age. Lifestyle choices you make today can lead to a healthier future. Learn how eating a healthy diet and exercising can help control or delay age-related health problems. [Click here](#) to view the full infographic. For additional information, please visit the National Institute on Aging website: <https://www.nia.nih.gov/health/infographics/diet-and-exercise-choices-today-healthier-tomorrow>.

### NEOPB's New Landing Page

*The following announcement was originally posted in the 5/17/2017 edition of the LHD E-Newsletter.*

The CDPH website is undergoing a transitional phase to a new 2013 SharePoint, which will be used to address requirements of the Americans with Disabilities Act. Launched on May 2, the main Nutrition Education and Obesity Prevention Branch (NEOPB) program-landing page is accessible at the link below: <https://www.cdph.ca.gov/Programs/CCDPHP/DCDIC/NEOPB/Pages/Program-Landing2.aspx>.

The complete transition to the new site is expected to take place by the end of September. In the meantime, the 2007 program-landing page remains accessible but the pathway has changed to the link below: <http://archive.cdph.ca.gov/programs/NEOPB/Pages/Default.aspx>. We recommend that you refer to the 2007 program-landing page to access resources for local support and training, research and evaluation, focus areas, partners, and program information. Please contact [CASNAP-EdTraining@cdph.ca.gov](mailto:CASNAP-EdTraining@cdph.ca.gov) with any questions you may have.

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## Education & Resources *(continued)*

### Registration is Open: 2017 Youth Engagement In-Person Workshops

CA SNAP-Ed—in collaboration with Public Health Institute Center for Wellness and Nutrition, the UC Davis Center for Regional Change and Brown Miller Communications—is holding four [Youth Engagement in-person workshops in FFY 2017](#). The Youth Engagement in-person workshops are designed to provide an overview of CA SNAP-Ed youth engagement activities that support:

- \* Youth-Led Participatory Action Research (YPAR)
- \* Methods to support youth as spokespeople for change
- \* Peer to peer education
- \* Smarter Lunchrooms Movement (SLM)
- \* Use of data and mapping by youth in PSE change efforts

The first three workshops will have a morning session and afternoon session, with the afternoon session focused on training adult allies to support the use of data and mapping by youth. Registrants have the option to register for one or both sessions. **\*Please note:** Those registering for the afternoon Data & Mapping session are asked to bring their own laptop with WiFi capabilities in order to participate in interactive activities with the data and mapping tools during the session. The fourth in-person workshop is an all-day event that focuses on training adult allies on how to support and guide youth who may assume a variety of spokesperson roles.

Date	5/18/2017 Riverside CA	6/7/2017 Fresno CA	6/22/2017 Sacramento CA	7/12/2017 San Jose CA
AM Topic (9AM-12PM)	Supporting Student Nutrition Action Committees in Creating Healthy Changes in the Lunchroom	Supporting Youth Leadership in Peer to Peer Education	Introduction to YPAR	Supporting Youth Voice for Community Change
PM Topic (1PM-4PM)	Supporting Youth Use of Data and Mapping for Community Change			

To register for the Youth Engagement in-person workshops, please [click here](#). Note, there is one registration link for all of the training sessions. Participants can choose their session once their information has been entered. Additional information, including how to register, can be found on the [UC CalFresh Trainings Calendar](#) or the [CA SNAP-Ed Training and Events Calendar](#).

### Save the Date! Early Childhood and Education, No Cost Physical Activity Training in San Diego, CA, June 3, 2017, Two Sessions (English & Spanish)

The *California Department of Public Health* is proud to have Dr. Diane Craft teach two sessions (English & Spanish) for Preschool Teachers, Child Care Providers & others who work on behalf of young children. Attendees will learn about:

- \* The development of fundamental movement skills & physical fitness
- \* Getting toddlers & preschoolers to play together
- \* Easy-to-lead, fun activities
- \* Inexpensive, readily available equipment
- \* Including children with special needs

Registration for this no cost, physical activity will be made available soon. Please refer to the [flyer](#) on the [CA SNAP-Ed Trainings and Events Calendar](#) for additional information. Question may be directed to Melba Hinojosa ([Melba.Hinojosa@cdph.ca.gov](mailto:Melba.Hinojosa@cdph.ca.gov)) or Lauren Barker ([lhbarker@ucsd.edu](mailto:lhbarker@ucsd.edu)).

*(continued on next page)*

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## Education & Resources *(continued)*

### Funding Opportunity: Playbook Plays with Funds for Fuel Up to Play 60, Deadline: June 14, 2017

Did you know that your school could receive up to \$4,000 in support of Playbook Plays with Funds for Fuel Up to Play 60? It's as easy as 1, 2, 3!

1. **Get Ready:** Involve your students and become familiar with the [2017-2018 Plays](#)—these are the Plays that are currently available for funding. Also, review the [sample funding application](#) and think about what support you may need from other adults at your school.
2. **Get Set:** Work with your students to select which of the Healthy Eating Plays and Physical Activity Plays best fit your school's wellness goals; you need to narrow it down to one of each type!
3. **Go!** When you feel you are ready, [start your funding application!](#)

**The deadline to submit your application is Wednesday, June 14, 2017.** If you need any help along the way, contact your [Local Dairy Council](#) or the [Fuel Up to Play 60 Team!](#)

### Webinar: Involving Families in School Physical Activity (PA) Opportunities, June 21, 2017, 1:30pm

This webinar will highlight best practices that have promoted PA connections for families and schools, strategies and partnerships essential to building more opportunities for family PA in schools, and related resources. Registration is now open and available [here](#) or through the [CA SNAP-Ed Training and Events Calendar](#).

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#### We want to hear from you!

The UC CalFresh State Office would love to hear from you! Please email Lindsay Hamasaki at [lmhamasaki@ucdavis.edu](mailto:lmhamasaki@ucdavis.edu) to share your comments, stories, photos or other items you would like to see featured in future Weekly Updates.

The UC CalFresh Weekly Updates are sent by the UC CalFresh State Office on behalf of David Ginsburg, Director of the UC CalFresh Nutrition Education Program. Electronic versions of the Weekly Updates are also posted on the UC CalFresh website: <http://www.uccalfresh.org/weekly-updates>.

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*The University of California CalFresh Nutrition Education Program (UC CalFresh) is funded through a joint agreement among the U.S. Department of Agriculture/Food & Nutrition Service (USDA/FNS), the California Department of Social Services (CDSS) CalFresh Branch, and the University of California Cooperative Extension (UCCE). This material was produced by the University of California CalFresh Nutrition Education Program with funding from USDA SNAP, known in California as CalFresh (formerly food stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663.*



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